



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01302, Light ice cream, Creamsicle

Report Date: July 16, 2017 19:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	61.77	--	--
Energy	kcal	165	--	--
Energy	kJ	690	--	--
Protein	g	1.54	--	--
Total lipid (fat)	g	3.08	--	--
Ash	g	0.87	--	--
Carbohydrate, by difference	g	32.75	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	18.46	--	--
Minerals				
Calcium, Ca	mg	62	--	--
Iron, Fe	mg	0.00	--	--
Magnesium, Mg	mg	12	--	--
Phosphorus, P	mg	84	--	--
Potassium, K	mg	174	--	--
Sodium, Na	mg	46	--	--
Zinc, Zn	mg	0.66	--	--
Copper, Cu	mg	0.020	--	--
Manganese, Mn	mg	0.007	--	--
Selenium, Se	µg	1.8	--	--
Fluoride, F	µg	3.6	--	--
Vitamins				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin C, total ascorbic acid	mg	13.8	--	--
Thiamin	mg	0.045	--	--
Riboflavin	mg	0.206	--	--
Niacin	mg	0.113	--	--
Pantothenic acid	mg	0.402	--	--
Vitamin B-6	mg	0.038	--	--
Folate, total	µg	6	--	--
Folic acid	µg	0	--	--
Folate, food	µg	6	--	--
Folate, DFE	µg	6	--	--
Choline, total	mg	20.4	--	--
Vitamin B-12	µg	0.36	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	93	--	--
Retinol	µg	92	--	--
Carotene, beta	µg	10	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	2	--	--
Vitamin A, IU	IU	324	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	2	--	--
Vitamin E (alpha-tocopherol)	mg	0.09	--	--
Vitamin E, added	mg	0.00	--	--
Vitamin D (D2 + D3)	µg	0.1	--	--
Vitamin D3 (cholecalciferol)	µg	0.1	--	--
Vitamin D	IU	2	--	--
Vitamin K (phylloquinone)	µg	0.3	--	--
Lipids				
Fatty acids, total saturated	g	1.813	--	--
4:0	g	0.099	--	--
6:0	g	0.056	--	--
8:0	g	0.044	--	--
10:0	g	0.072	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
12:0	g	0.075	--	--
13:0	g	0.000	--	--
14:0	g	0.296	--	--
15:0	g	0.000	--	--
16:0	g	0.823	--	--
17:0	g	0.000	--	--
18:0	g	0.349	--	--
20:0	g	0.000	--	--
22:0	g	0.000	--	--
24:0	g	0.000	--	--
Fatty acids, total monounsaturated	g	0.819	--	--
14:1	g	0.000	--	--
16:1 undifferentiated	g	0.050	--	--
18:1 undifferentiated	g	0.768	--	--
20:1	g	0.000	--	--
22:1 undifferentiated	g	0.000	--	--
Fatty acids, total polyunsaturated	g	0.137	--	--
18:2 undifferentiated	g	0.088	--	--
18:3 undifferentiated	g	0.049	--	--
18:4	g	0.000	--	--
20:4 undifferentiated	g	0.000	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Cholesterol	mg	8	--	--
Amino Acids				
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--